

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: WEDNESDAY 13 NOVEMBER 2013

ATTENTION: Chiefs of Staff, News Directors



Country Club goes for GOLD

Recognising the importance of maintaining an active lifestyle in an ageing population, Country Club Tasmania will next year support the Active Launceston Growing Old and Living Dangerously (GOLD) program by providing many of the fun activities.

The aim of the GOLD program is to demonstrate that it is never too late to get active, be healthy, adventurous, and have fun in a social setting.

“This is a wonderful initiative that we are pleased to be a part of,” said Country Club Tasmania executive marketing manager Bede Clifton.

“The GOLD program encourages older adults to engage in physical activity in a fun and social environment and the Country Club has the facilities, such as golf and horse riding, to encourage these types of activities as well as promote other activities available in the Launceston community,” he said.

Active Launceston senior project manager (regional development) Lucy Byrne said that the program helps build participants’ confidence and allows them to try activities that they may not have participated in on their own.

“Unfortunately many older adults become socially isolated and providing programs such as GOLD, with the assistance of an organisation like Country Club Tasmania, encourages our senior citizens to increase social interaction to further improve their overall health and well-being,” she said.

This year there were 10 organised GOLD activities including aqua fitness, abseiling, Laser Tag, ten pin bowling and archery.

Active GOLD coordinator for 2013 Anita Street said that she has enjoyed being a part of the program for the past few years and she attributed the

opportunity for making new friends as a big reason that the program is so popular.

“An example of this was the success of the Laser Tag activity this year which led to a group making their own team and participating fortnightly,” she said

“In 2014 the Country Club Active GOLD program may encourage more of those participating to taking up new activities together, such as seeing the monthly comedy show in the Tonic Bar as well as playing golf.”

The GOLD program books up quickly and for many activities places are limited. Country Club Active GOLD program is scheduled to start again in February 2014. For more details go to the Active Launceston website www.activelaunceston.com.au

Other Active Launceston initiatives currently operating include: Active Parks and Active Kids. Programs will resume late January 2014.

Active Launceston is a community-driven partnership with the vision of improving the health and wellbeing of the Launceston community through physical activity. It is managed by the University of Tasmania in partnership with Launceston City Council.

For more information and registrations please visit the website www.activelaunceston.com.au or phone 6324 4047.

Information Released by:

UTAS Communications and Media Office

Phone: (03) 6324 3218 Mobile: 0438 510 616

Email: Media.Office@utas.edu.au